

# **A STUDY ON THE THERAPEUTIC RESPONSE OF VITILIGO TO A COMBINATION OF NARROWBAND UVB AND ORAL MINIPULSE STEROID THERAPY**

## **ABSTRACT**

**Introduction:** Vitiligo is a common acquired depigmentation disorder resulting from the progressive loss of melanocytes. Although several modalities of treatment are available, therapy still remains difficult and challenging.

**Aim:** To evaluate the clinical response of vitiligo to combination therapy of narrow band UVB and oral minipulse steroid.

**Method:** 100 patients with progressive and active vitiligo involving >20% BSA were given a combination therapy of narrowband UVB and oral minipulse steroid for 6 months followed by narrowband UVB alone for another 3 months and followed up till 12 months. Response to therapy was measured using VASI score.

**Results:** Vitiligo was more common in women and in the age group of 26- 35 years. Almost half of the patients in our study had duration of illness between 1-5 years. Presence of leukotrichia, mucosal involvement, koebnerisation and a positive family history was associated with poorer response to therapy. The most common type of repigmentation seen was perifollicular. 61% of our patients showed minimal improvement, 36 % improved and 3% showed much improvement. Response to therapy was better in patients with good compliance.

**Conclusion:** Combination therapy of narrowband UVB and oral minipulse steroid can be an effective treatment option in patients with progressive vitiligo resulting in earlier repigmentation and with better colour matching.

## **Key words:**

Progressive vitiligo >20% BSA, Narrowband UVB, Oral minipulse steroid, VASI score